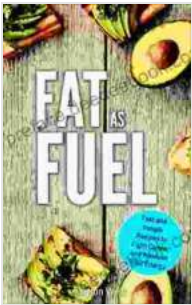


Fast and Simple Recipes to Fight Cancer and Increase Your Energy

Are you looking for fast and simple recipes to fight cancer and increase your energy? If so, you're in the right place. In this article, we'll share 10 of our favorite recipes that are not only delicious but also packed with nutrients that have been shown to help fight cancer and boost energy levels.



Fat as Fuel: Fast and Simple Recipes to Fight Cancer and Increase Your Energy by Clayton West

★★★★☆ 4.1 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
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Screen Reader : Supported
Print length : 136 pages



1. Green Smoothie

Green smoothies are a great way to get a boost of nutrients and energy. They're packed with vitamins, minerals, and antioxidants, which can help protect your cells from damage and boost your immune system.

To make a green smoothie, simply combine your favorite fruits and vegetables in a blender and blend until smooth. Here's a simple recipe to

get you started:

- 1 cup spinach
- 1/2 cup kale
- 1/2 cup cucumber
- 1/2 cup celery
- 1 apple
- 1 banana
- 1 tablespoon nut butter
- 1 cup water

Blend all ingredients until smooth and enjoy!

2. Quinoa Salad

Quinoa is a gluten-free grain that is packed with protein, fiber, and iron. It's a great addition to salads, soups, and stews.

To make a quinoa salad, simply cook the quinoa according to package directions. Then, add your favorite vegetables, fruits, and nuts. Here's a simple recipe to get you started:

- 1 cup quinoa
- 2 cups water
- 1 cup chopped cucumber
- 1 cup chopped tomato

- 1 cup chopped red onion
- 1/2 cup chopped parsley
- 1/4 cup feta cheese
- 1/4 cup olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

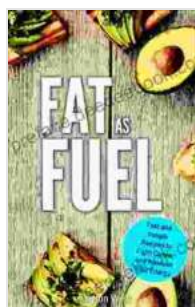
Combine all ingredients in a large bowl and mix well. Serve chilled.

3. Lentil Soup

Lentils are a great source of protein, fiber, and iron. They're also a good source of antioxidants, which can help protect your cells from damage.

To make lentil soup, simply combine lentils, vegetables, and broth in a pot and simmer until the lentils are tender. Here's a simple recipe to get you started:

- 1 cup lentils
- 2 cups water
- 1 cup chopped onion



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